

UNITY

DAILY DROD

IN THIS ISSUE,
SPECIAL ARTICLE:
"The High Watch"

FEBRUARY, 1926

As a man thinketh of himself, so does he become. Thinking Godward, he becomes Godlike.

10 cents a copy

A monthly manual of daily studies in Christian metaphysics

GOD AND I

I walked with God,
God walked with me;
But which was God,
And which was "me"?

And thus I found
The Truth profound:
I live in God,
God lives in me.







UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by
UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Missouri
F. B. WHITNEY, *Editor*

VOL. IV KANSAS CITY, MO., FEBRUARY, 1926 No. 2

QUOTATIONS FROM SPINOZA

(Dutch-Jewish Philosopher, 1632-1677)

God is the indwelling and not the transient cause of all things.

God is not only the effecting cause of the existence of things, but also of their essence.

All ideas, in so far as they have reference to God, are true.

Every idea in us which is absolute, or adequate and perfect, is true.

He who has a true idea, knows at the same time that he has a true idea, nor can he doubt concerning the truth of the thing.

No one can desire to be blessed, to act well, or to live well, who at the same time does not desire to be, to act, and to live, that is, actually to exist.

The greatest good of the mind is the knowledge of God, and the greatest virtue of the mind is to know God.

Absolutely nothing can be either good or bad save if it have something in common with us.

The good which each one who follows virtue desires for himself, he also desires for other men.

Each man judges for himself, by his consummate right of nature, what is good or bad.

All things belong equally to all men.

Hatred can never be good.

No deity . . . is pleased with my want of power or inconvenience.

The more we are affected with pleasure, thus we pass to a greater perfection, that is, we necessarily participate of the divine nature.

To make use of things and take delight in them as much as possible . . . is the part of a wise man.

He who lives under the guidance of reason endeavours as much as possible to repay his fellow's hatred, rage, contempt, and so forth, with love and nobleness.

He who rightly knows . . . will find nothing at all that is worthy of hatred, laughter, or contempt, nor will he deplore any one.

Minds are conquered not by arms, but by love and magnanimity.

Sample copies will be sent free by the publishers to any address. Single copies, at news stands, 10 cents. Subscription, \$1 a year. Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879.

Accepted for mailing at special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

When changing address, mention the names of the various Unity publications to which you are a subscriber.

Suggestions and comments on Unity Daily Word may be addressed personally to the editor. Letters relative to subscriptions and renewals should be sent direct to the publishing department.

MONDAY, FEBRUARY 1

Today's Watchword: God lives in me and works through me. I am filled with energy sufficient to meet every demand that is made upon me.

We must think of God as living and as being something which at all times can be relied upon as our very life and energy. God is the life of man. God is man's strength and power. God is man's ability to perform and to achieve.

Man's duty is to lay hold of God life and energy and to let these qualities express themselves through him. Man's part is to give God energy a vehicle for its expression.

Many people reach the consciousness that He is a living God, yet do not realize that He actually lives within them. Again, they may think of God as working and still not think of God as working through them. They need to know that God works and they work; that God's activity in them becomes their own activity.

When man works without consciousness of God within him he is easily discouraged and fatigued. This is because he depends upon his own energy and he finds that it is soon spent. When he consciously connects himself with the life and the energy of God he is unified with inexhaustible and never-failing life.

A living God's bound to work, and calls for living workers.—Myrtle Fillmore.

TUESDAY, FEBRUARY 2

Today's Watchword: Dwelling in the consciousness of omnipresence, I am never separated from my good. I am eternally unified with the blessings of God.

God is omnipresence, the one and only presence or reality that there is. To recognize or to believe in any other presence or being is to disturb one's consciousness of omnipresence. If one realizes the absolute truth that God alone has presence, he will automatically bring good into manifestation in his life.

To believe that one is separated from his good shows that in consciousness one has made a separation from God; it shows that he lacks a realization of man's eternal unity with God and all that God is.

Changes in the outer in no wise should disturb one's inner realizations. If one is established in Spirit, he knows that no changes take place in the realm which is unchangeable.

When one loses the sense of unity with God, he cries out that God has forsaken him.

God is always where man is, and all that God is and has is at man's disposal. Man needs but to clear his vision to discover himself in the very midst of God's presence and to find God within himself.

To one in spiritual understanding, there is no loss. The going and coming of material and intellectual things are but changes in the panorama of life.—*Charles Fillmore.*

WEDNESDAY, FEBRUARY 3

Today's Watchword: *Inspired by the Spirit of Christ, I express spiritual intelligence in all that I do.*

Seek first the inspiration of Spirit, then express it. Many people feel that they must be continually seeking and feeling after God. They do not get past the place of self-circumspection. They are like the architect who would spend his whole life seeking for just the right blue print when he should be building beautiful temples.

Man's whole duty is not to seek God; it is to express and to manifest Him. One should feel that God demands expression. He should carry his spiritual consciousness into his everyday affairs and should let his work be indicative of his spiritual progress.

If man's life, his body, and his work are not better from his knowing God, then it may be said that he does not know God aright. He fails in life if he fails to demonstrate God.

The practical Christian, although interested in thinking spiritual and Godlike thoughts, is even more concerned with expressing them. He is primarily interested in the inner life but is more interested in making the external line up with his vision of the inner.

Too much introspection, too much of what people usually call "spiritual seeking," is detrimental rather than helpful to the end desired—spiritual growth.—*H. Emilie Cady.*

THURSDAY, FEBRUARY 4

Today's Watchword: *Through the power of God within me, I have power to do whatever I undertake.*

Without consciousness of his innate powers, man is powerless; he is almost like the inanimate things, which are without consciousness of life or power. When man becomes aware of the power of God within him, he realizes his power to accomplish whatever he undertakes.

This power is often spoken of as a subconscious mind power. We know it as the superconsciousness. It is the consciousness that relates us to the higher spiritual forces. It is the consciousness through which God's power flows to man.

By the stirring of Spirit within them, great men have been led to serve humanity. They have been able to serve thousands of people because the very spirit of service which prompted them to act also helped them to achieve. Men of themselves do not do great things. Spirit within them does the work.

Men often display superintelligence and super-strength. They simply show forth what can be done when one lines up his consciousness with inner forces. Invalids have in time of crisis laid hold of remarkable strength and have been able to perform that which normal men would call the miraculous; turning from belief in weakness, they have found strength.

With men this is impossible; but with God all things are possible.—*Jesus.*

FRIDAY, FEBRUARY 5

Today's Watchword: *I am willing to do all that I can to encourage and to help others.*

One can often recall how another gave him a helping hand just when it was needed most. In such cases, it seems as if the hand of God is extended to man to save and to help him; one loses sight of the person helping him and he feels that divine power has become personified in the individual.

Often one helps another in a way which is an answer to his prayer for help. God uses man's hands to help and to serve the person who asks help. If one is unwilling to help another, he shows that he is unwilling to let God express through him. When God prompts one to serve his fellow man, He also blesses the channel for service. One who serves is always well paid for what he does.

Many people have found that serving others helps them to get away from their own personal shortcomings; they become so interested in others that they neglect to bewail their own limitations.

When we forget ourselves and become engrossed in service, we grasp more of the universal spirit; we broaden into the cosmic consciousness; we leave the narrow sphere of self for the larger sphere of the universal. We find the real self when we get the broader vision.

Faithful service for others hastens the day-dawning for ourselves.—*H. Emilie Cady.*

SATURDAY, FEBRUARY 6

Today's Watchword: *I am free from worry, fear, and doubt. The activity of God in all my affairs assures me that only good can come to pass.*

When one learns to place his affairs in the keeping of God, he eliminates all occasion for worry and fear. When he knows that only good can come into his life, he prevents the appearance of the negative and the adverse. His consciousness is the determining factor.

A worried state of mind causes confusion to express. The peaceful attitude causes peace and harmony to manifest. The external conditions correspond to the mental attitudes which are back of them. We can see that the only way to change the external is to change the state of consciousness.

We free ourselves from worry when we take the stand that nothing external can affect us; we should not worry over bodily conditions, for even the body is external to mind. We need to resolve all things back to thought.

When one knows that God rules and governs his affairs he knows that confusion and inharmony cannot reign; he knows that only that which is good can come to pass. When one centers his whole thought upon God, only God can have place and power.

Thou wilt keep *him* in perfect peace, *whose* mind is stayed on *thee*; because he trusteth in thee.—*Isaiah.*

SUNDAY, FEBRUARY 7

Today's Watchword: *I am free from all belief in fleshly heredity. I see the works of God manifest in my flesh.*

In today's International Sunday School lesson, we learn what Jesus thought about belief in fleshly heredity. Referring to the man born blind, the disciples asked Jesus: "Rabbi, who sinned, this man, or his parents, that he should be born blind?"

In his answer, Jesus denied fleshly heredity and pronounced blindness to be a lack of understanding; he knew that when the light of God came to this man the darkness of his consciousness and of his eyes would be dispelled. The blindness did not come from committing sin but from omission and from failure to perceive the light of Truth.

The physical eyes are but the external of the mental eyes. When one mentally perceives the light, his physical eyes are cleared. Man is not responsible for the sins of ancestors or parents.

The teachings of Jesus are opposed to the teaching of fleshly heredity. People who lack a consciousness of spiritual truth may show signs of being influenced by heredity, but these signs are removed when the light of truth comes to consciousness. The law of Spirit annuls the so-called laws of limitation.

Neither did this man sin, nor his parents: but that the works of God should be made manifest in him.—*Jesus.*

MONDAY, FEBRUARY 8

Today's Watchword: *The harmony and the order of God are now manifest in my affairs and all things are harmonious and orderly.*

Through our word we have power to establish whatever conditions we desire. When we say that things are in confusion we bind them to more confusion. When we say that nothing but disorder ever comes our way, we make way for more disorder.

By speaking words of harmony and order we cause those conditions to appear and to become established. Even in the very face of disorder, we can declare order and know that it will manifest; we can declare peace and harmony and see them come into expression.

Begin to talk order and harmony. Give up all tendency to speak of disorder and confusion. Into the spoken word goes a mighty creative power. Man says, "Let there be," and there is. The character of his word determines the character of the manifestation.

The intensity and the realization back of the spoken word give vitality to the word; they cause conditions to transform much sooner than they would change without an intense realization of the word.

Some people declare that everything is against them . . . they build up a state of mind in which everything seems contrary to them.—*Charles Fillmore.*

TUESDAY, FEBRUARY 9

Today's Watchword: *Beholding the Christ ideal of man, free in every respect, I realize my perfect freedom in mind and in body.*

Jesus Christ brought to man's attention the truth that man is free. Jesus sought to save man from every enslaving belief. We think of Him as Savior because he helped to remove enslaving conditions and to establish us in a consciousness of our freedom.

When we get the vision of what man is in truth, we no longer think of him as limited and under bondage. This picture of man as being in all ways free so engages our attention that we do not think of man as anything that can be bound or fettered.

Freedom of mind comes to us when we cease entertaining thoughts and beliefs of bondage and subjugation. He who feels that he is restricted and hedged in on every side finds that his mind is clamped by such negative thoughts. One who has allowed many laws and prohibitions to circumscribe him finds that his head feels as if a tight band were about it.

Civilization seems to bring with it a sense of conventionalities and restrictions. It is very easy for man to become bound by these ideas.

Every shackle on the soul of man shall finally be stricken off by the power of the liberating ideal which Jesus Christ has presented to humanity.—
Imelda Octavia Shanklin.

WEDNESDAY, FEBRUARY 10

Today's Watchword: *Beholding the Christ in all men, I see Christ manifest here and now.*

If you would behold the Christ, see the Christ in all people. So train your vision that you see only the Christ in man. When you no longer look for and see that which is unlike Christ, you will see Christ in all men; you will behold the Christ everywhere.

Those who are engaged in seeing evil do not see the Christ. One cannot see backward and forward at the same time. If he sees a world of adversity, he cannot see a world of good.

Thus we see that the Christ appears to us only when our vision is clear enough to behold it. With our clear vision we see that which already exists. Our blurred vision serves to distort the truth and to cause us to see that which is not true.

One must have the right mental outlook in order to see the Christ. His mind and his vision must be spiritualized and Christianized. He must see through the lens of spirit, the eyes of God.

We do not cause Christ to appear. We so discipline our vision that we are able to see the Christ, able to see that which has always existed in truth.

The coming of Christ is simply that which comes to man's vision when he looks Christward.

I determined not to know anything among you, save Jesus Christ.—*Paul*.

THURSDAY, FEBRUARY 11

Today's Watchword: *Nothing external can move me or irritate me. I am poised and centered in the presence of God.*

One is never moved or irritated by external things; he is affected entirely by his reaction toward them. He is moved by their presence in his mental world, by his thought about them. Many persons are unmoved and unaffected by the things that irritate other persons, so we see that one's reaction to events is purely a personal one. Things affect us when we are not in the consciousness of mastery.

Reducing all things to the mental we are in the position wherein we can handle things mentally. Man's greatest work is that of handling thought, reducing erroneous thought to nothing, and then thinking Godlike thoughts in entirety. Our greatest overcoming work is that of overcoming negative thought through spiritual thinking.

Man cannot be poised and relaxed so long as he is mentally irritated or tense. He must learn to relax in the very presence of God, the presence of peace and harmony. Mental relaxation must precede the transformation of external conditions.

When we are conscious of the presence of God we cannot be conscious of any irritating factor.

The most potent factor in attaining relaxation is the consciousness of the presence of the Spirit of God.—E. V. Ingraham.

FRIDAY, FEBRUARY 12

Today's Watchword: *All hate and all personal animosity are cast from my mind. I am established in divine love and at all times I am kind and loving.*

When one is established in love, personal problems are minimized; he is unshaken by personal emotions and feelings; the love of God keeps him unmoved by external conditions; nothing external can cause him to be dethroned from his spiritual viewpoint.

One may think that he has the consciousness of divine love but if he allows himself to lower his vision to see personal shortcomings in others he may know that his love needs to be increased. Love is blind to all limitations. It sees through the holy eyes of Spirit and sees only that which is good.

So long as one has hate in his consciousness, just that long will he attract hateful conditions. His hate for one person will spread to others.

A love consciousness causes one to lift himself into a new world. In that world he sees the old personal hates transformed through love; he sees enemies turned into loving friends; he finds himself no longer attracting disagreeable situations but, instead, reveling in the world where joy and love hold sway.

One must be established in the consciousness of divine love, and it requires discipline of the mental nature to preserve such a high standard.—
Charles Fillmore.

SATURDAY, FEBRUARY 13

Today's Watchword: *The presence of God within me frees me from all restlessness and satisfies my every desire.*

One becomes restless because he is not established in Truth; he is not grounded and centered in that inner consciousness which makes one stabilized and poised; he is moved and wafted about by the changeable winds of the external.

When one puts his thought on outer things he is moved by every change that takes place in those things; he registers change when they change position or form; when separated from them, he is unhappy and discontented; his mood is the index of external conditions and circumstances.

One should so discipline himself that when external conditions would disturb him he can turn within and poise himself in the presence and power of the infinite. Each time that one practices this turning within, he makes it certain that his next turning within to master conditions will be easier. He comes to recognize that there is but one presence and one power—the presence and the power of God within.

At the great heart of humanity there is a deep and awful homesickness, which never has been and never can be satisfied with anything less than a clear, vivid consciousness of the indwelling presence of God, our Father.—*H. Emilie Cady.*

SUNDAY, FEBRUARY 14

Today's Watchword: *The spirit of honesty, integrity, and industry is now expressed in me and I am honest, upright, and industrious.*

There is but one way to be taken and that way is made up of certain well-defined steps. One cannot hope to avoid any of these steps or expect to arrive at the end through short cuts. Modern efficiency has removed nonessential steps but the essentials remain the same.

Certain laws or principles are at the basis of all success. When one knows the law and applies it, success results. The law works in an orderly manner and each step should be taken at the right time.

Those who are dishonest believe that they can arrive somewhere without taking the steps themselves. They believe it right to have others take the steps for them. They do not recognize the truth. They think that deception will gain more for them than the truth will.

Not only should one be honest but he should also look for honesty in others. At no time should he seek dishonesty. Through his own consciousness of honesty, integrity, and industry he has power to inspire these qualities in others.

He that entereth not by the door into the fold of the sheep, but climbeth up some other way, the same is a thief and a robber.—*Jesus.*

MONDAY, FEBRUARY 15

Today's Watchword: *My supply came with me from God and is always where I am.*

We must take the attitude that our supply cannot be separated from us, that it cannot be hidden from us; then we shall not know lack nor feel that we must hunt for our supply. We can rightly expect God to have provided our supply for us and to know that he did not send us into a world of want.

We must think of our supply as always at hand, ready to be called by us into visibility. We must realize that this supply is exactly what is needed at the time. When Jesus needed fish and bread, he brought fish and bread into manifestation. When the gold coin was needed, the gold coin appeared.

God has prepared a table before us. The cup of goodness and lovingkindness overflows. Our part is to lift our consciousness to such a degree that we shall not see empty tables or empty cups. Our duty is to see God manifest before us as our daily bread and our daily supply.

Where we are, there is God—God in his fullness. There is God as the fulfillment of our every desire.

Man's righteous desire is but a hint of God's coming into expression. God manifests in the way in which he is most useful to man. God expresses himself in such a manner as is demanded in the life of man.

The supply is always equal to the demand, in kind and in quantity.—*Francis J. Gable.*

TUESDAY, FEBRUARY 16

Today's Watchword: *The law of perfect order and harmony governs all my affairs, and all things are orderly and harmonious.*

Disorder and inharmony result from a consciousness in which there is little order and harmony. One who lets his state of mind become disorderly throws all his affairs into the same condition. The solution is a consciousness of law and order.

Declaring order in one's affairs causes all things to come into proper relationship. The law adjusts conditions and causes disorderliness to change into orderliness. When disorder, injustice, and lack show forth in one's affairs, he may know that somewhere there is disorder. He should set about realizing that there is no disorder, injustice, or lack in reality; he should realize that only order has place and power in God's kingdom. All confusion will pass away when one realizes divine order.

The law of order is the law of right adjustment. It is like the voice of the officer which calls his soldiers to duty. It is the law upon which the orderliness of the universe rests. It is the law that causes the orderly relationship between moon, stars, and planets. Man has power to use this same law in his own affairs and to establish therein the same order and harmony.

Orderliness is law and is the test of true science.—*Charles Fillmore.*

WEDNESDAY, FEBRUARY 17

Today's Watchword: *Looking toward perfection, I have power to express perfection in all that I think and do.*

The little child takes on the manners and the habits of those about him. He visions either perfection or imperfection and grows into that which he beholds. The child brought up in a home where Truth is understood and taught is bound to have many advantages over the one reared in an atmosphere of negation.

We grow into what we vision man to be. If we think of man as something that is limited, diseased, subject to death, our vision of ourselves is constantly being directed to disease and death. If we think of man as perfect, whole, and healthful, we manifest health and perfection.

We should look for good, not evil, and we should keep our thoughts focused upon good.

Christianity holds before its followers the perfect man, the Christ, that men may gaze upon this perfect idea and express its perfection. Christianity directs its followers away from Adam, the unregenerate man. Christianity seeks to direct man's vision to the Christ and to cause him to become Christlike.

Every great religion has its Perfect One, who symbolizes that which man can become.

Beloved, imitate not that which is evil, but that which is good.—*St. John.*

THURSDAY, FEBRUARY 18

Today's Watchword: *I am receptive to new ideas. My mind and my affairs are renewed with new life.*

Men seek for new ideas in order to inject new life into their affairs. They hope to relieve the monotony and the stagnation by inculcating a spirit of new life and growth.

One should always be receptive to new ideas. Such ideas are the salvation of mind, body, and affairs. Introducing new ideas is the means we have of introducing that which makes for new life, new order, and all that renews and regenerates.

Men who recognize the value of new ideas are always on the alert for them. They seek to employ other men who have new ideas.

Men take a new interest in their work when they discover newer and better ways of doing things. These new ideas often help a work to expand in such proportions that it can scarcely be compared to its former state.

We renew ourselves by introducing new ideas into consciousness. New ideas give us renewed mental power, which in turn gives us power physically and financially.

Learn to handle new ideas and you will be assured of a new interest in what you do.

Ever since man has inhabited the earth, he has continually sought new ideas.—*Jennie H. Croft.*

FRIDAY, FEBRUARY 19

Today's Watchword: *My work for today is God-appointed and I rejoice to do it with efficiency and with enthusiasm.*

We must learn to know that no one can do our work quite so well as we ourselves can do it. We must cease looking at another's work with the thought that we should have his place and he should have ours. Our thought should be upon what we are doing.

Some paths may seem more fair and bright,
Some lives more luminous with light;
Serve thou the Lord with voice and heart,
Not somewhere else, but where thou art.

If we think of God as using us as his channels for expression and work, we relieve ourselves of the belief in personal effort and fatigue. We can shift all the burden upon the Lord when we learn to think of him as actually doing the work through us.

We have something definite to do each day, and evening should find the appointed task completed. By finishing the daily task each day, we can approach each morning fresh to perform whatever duties come to hand.

When work wearies us unduly, we may know that we need to realize that the real worker is God, and not ourselves.

Let us not desert our own work, our own God within, to gaze after or pattern after our neighbor.
—H. Emilie Cady.

SATURDAY, FEBRUARY 20

Today's Watchword: *By the Christ word I am made whole. By the Christ work I am restored to perfect health.*

The word of Christ is the power and authority of Christ. When this word of truth is spoken from the higher consciousness, it is filled with Christ power and Christ healing. It has power to lift the diseased mind and the diseased body to peace and health.

When the centurion asked to have the healing word sent to his servant, Jesus spoke the word and the man was healed. The word went forth from the Christ consciousness and healing was established.

The Christ word is creative. It creates according to the consciousness back of it. If one intends to have healing established, he puts a consciousness of healing into his word. The Christ word is mighty to restore one to perfect health and wholeness.

In his word one has the means whereby he may change inharmonious bodily conditions as he desires. Under the influence of his word, disease must give way to health; the destructive word, that of disease, must be changed to a constructive one, that of healing.

Many people hold themselves in bondage to disease because of their adverse words: "I am ill," "I do not feel well," and so forth. The substance put into such words can be made to work constructively.

The words that I have spoken unto you are spirit, and are life.—*Jesus.*

SUNDAY, FEBRUARY 21

Today's Watchword: *The increasing, multiplying power of the Christ word is active in my mind and my affairs, and I am prosperous.*

Spoken from the consciousness of prosperity, the Christ word has power to make one prosperous. It sets up a consciousness of increase, and everything that comes in contact with it increases and multiplies in prosperity.

Some businesses do not prosper because they are kept under a limiting word: "I am hard up," "My business is no good," and so forth. These negative words should be changed. One must know that the Christ word of increase is causing all his affairs to multiply and to prosper.

Through his Christ word Jesus caused things to multiply and to increase. His consciousness was so rich that his word carried with it richness and plenty.

We usually think of a prosperous person as able to add to his prosperity very easily; he has a consciousness of increase and of prosperity. Each time his prosperity increases, he has more evidence of the increasing power of his word.

Rich ideas cause one to develop the consciousness of prosperity. As these ideas multiply and increase, one finds that his outer affairs increase.

Multiply your seed for sowing, and increase the fruits of your righteousness.—Paul.

MONDAY, FEBRUARY 22

Today's Watchword: *My word is charged with spirit and with power and it is mighty to accomplish that whereto it is sent.*

In practical Christianity we study the power of the word that is spoken from the consciousness of Christ within us. That word becomes charged with the Christ and goes forth mighty to accomplish whatever we desire.

We must get into the spirit of the word and impregnate it with power; we should not repeat it over and over in a sing-song sort of way, without realizing the truth and the power back of it.

Many persons in Truth repeat affirmations again and again without getting any benefit thereby. Their statements are slow to produce effects because they put but little creative thought into them.

One should realize that his affirmation is truth, gospel truth. He should know that his word is vested with omnipotent authority and power.

If you would have health, speak the healing word with conviction and with the realization that health is now coming into manifestation.

If you would demonstrate prosperity, declare the prosperity word with the consciousness that you are here and now prosperous. Know that your word of prosperity does establish prosperity in unlimited measure.

Use not vain repetitions.—*Jesus.*

TUESDAY, FEBRUARY 23

Today's Watchword: *I am willing to give up every adverse thought. Through the Christ mind in me, I think good thoughts.*

Our growth depends upon our ability to rise out of negative thinking and to think thoughts that are good. Adverse thinking binds us to adverse ways from which we can escape only by changing our thoughts. Those who remain in adverse conditions do so because they keep to an adverse state of consciousness. Practical Christians are interested in right thinking because only in this way can they rise out of negative conditions and become established in the good. They need to turn to the Christ mind within and to think that which is Christly. Christ is their savior and the Christ consciousness is their salvation.

Christ helps us only when we ourselves are willing to become Christlike and we can do this only when we are willing to think with the mind of Christ; willing to think just as Jesus would think; willing to see situations from the Christ standpoint and to act as the Master would act.

Thinking good thoughts shows us that we are practical in our Christianity. Such thinking also brings about a change in us, mentally and physically. The good thoughts externalize as health and well-being. They help us to grow in consciousness into our divine perfection.

Let . . . the unrighteous man [forsake] his thoughts.—*Isaiah*.

WEDNESDAY, FEBRUARY 24

Today's Watchword: *I am no longer concerned or worried about appearances of evil. Looking to Christ, I behold all things as they are in truth.*

Our duty is to look past the mist of appearances and to see the light of truth. We need but to remember that the limited appearances are not real in themselves; that they are only the reflections of our own adverse thoughts.

Looking Christward, we see things as they exist in reality; we see situations as they are viewed from the mount of spiritual perception; we leave the valley of shadows for the spiritual heights. From these peaks we see all things in their right proportions and in right relationships.

So long as one looks for evil he is sure to find it. The ideal doctor would be one who looked for health, not for disease. The best metaphysical healer is the one who does not recognize such a thing as disease; his vision is centered upon the absolute truth and he sees man perfect and whole.

When we learn to look past appearances and to see the eternal verities of life we are looking toward Christ; we are seeing Christ, the Truth, where others see its absence.

We need to take our eyes off the ends of the branches, the results, and keep them centered in the Vine.—*H. Emilie Cady.*

THURSDAY, FEBRUARY 25

Today's Watchword: *I rejoice because God within me rejoices. God is enthroned in his kingdom and I take my place as co-worker with him.*

When we learn to work with God, we sit with him in his place of power and authority. We command with him and through his omnipotence. We rejoice with him when he rejoices over us.

Finding God within and making our unity with him requires patience and courage; our redemption and our salvation depend upon it. Once we have made the connection we find that each succeeding attempt is easier for us.

Man has power when he connects with his indwelling power of God. In this way he enjoys all that God is. He rejoices through the joy of God. The deep, overflowing joy of God pours out through man and he, too, is filled to overflowing with joy.

Man is unhappy and without joy when he is without consciousness of God within him. He is not joyful because he does not contact joy. Through his adverse thinking he holds himself apart from God.

Man learns to work with God when he learns to let God work through him. This relationship places man on a partnership basis with God.

We should not be discouraged or cast down if we do not quickly find the kingdom of God within us.—*Charles Fillmore.*

FRIDAY, FEBRUARY 26

Today's Watchword: *I cannot be injured or maligned. The I AM of me is the I AM of God.*

The Truth student should not be concerned about what evil-designing or well-meaning persons say or do. His part is to know the absolute truth of his being, to realize that God in him is always expressing Himself and that he is always rejoicing.

Many persons continue to hold in mind the past offenses of others. They give a lie reality in their own existence by giving it vitality and being. If another does not speak the truth about us, our duty is simply to know the truth about ourselves.

The more a lie departs from truth, the more its untruthful character is advertised. The greater the contrast between it and the truth, the easier it is for truth to be obvious.

We should not try to compensate another for his untruthfulness by repaying in kind. Rather we should help that one to free himself from the desire to be malicious. By our higher vision we can help him to release himself from the snare of evil.

The I AM is that in us which is God. Nothing can malign or affect the I of us.

Have you been misunderstood and misrepresented? Let go of the memory, forget it utterly. There is nothing in an untruth and you cannot be hurt or injured by nothingness.—*Jennie H. Croft.*

SATURDAY, FEBRUARY 27

Today's Watchword: *I am free from every adverse law of man. The law of truth governs me in thought and in deed.*

Much of our freedom is dependent upon our coming out from under so-called laws of adversity. Civilization has brought with it myriad laws: laws of disease, laws prohibiting man's fullest expression of his divine nature, laws tending to bind man to all sorts of limitations.

Many of the laws of disease are race beliefs which are passed from one generation to another. Today we are free from many of the laws under which people of past generations held themselves. As truth comes to light, superstitions vanish. As men learn more and more of their divine nature, they break the chains which held them to limitation.

Every one should decide for himself whether or not he will come under any evil suggestion or any law of limitation. He should not blindly accept contagious thoughts and feel that he must come under their spell.

Often one accepts a disease because those about him have done so and he feels that he, too, must come under its law. He should know that negative belief has no law in truth. Only God is law.

In absolute truth, man is governed solely by the law and principle of God. When so governed, man is whole and perfect, free and unlimited.

Thy law is truth.—*David.*

SUNDAY, FEBRUARY 28

Today's Watchword: *I do not resist or oppose righteous law and order. I conform to and abide by every law that makes men more harmonious.*

The International Sunday School lesson for to-day teaches a lesson of obligation to municipal, state, and national law. The Truth student should be the best of citizens and should abide by the laws of the land in which he lives.

Resisting a law does not help to repeal it. Men who find themselves under law should raise their consciousness to such a place that the law no longer will be irksome or necessary to them.

The purpose of our laws is to make men live in harmony. Law, when righteous, helps men to live together in an orderly manner. Laws will be required until men rise above a need for them.

Men who oppose civic laws suffer much more than those who abide by them. The resisters necessitate the laws. If a law requires changing, we know that this change can be brought about in an orderly manner.

The Truth student, although universal in his consciousness, should be loyal and true to his country.

Render therefore unto Cæsar the things that are Cæsar's; and unto God the things that are God's.—*Jesus.*

THE HIGH WATCH

After entering the high watchtower of spiritual consciousness, one is able to view all things and all conditions as God sees them. When to the human viewpoint the occasion is most alarming, the greater is the necessity for the high watch. In fact, we may take that as our rule of action and know that when appearances of sin, disease, or lack present themselves most convincingly as to their reality and power, the more urgent is the call to go up on the mountain and to pray. Ten thousand arguments of adversity are put to flight by one commanding realization of Truth. It is remarkable how quickly spiritual consciousness unmasks and dethrones that which previously has seemed a source of fear and annoyance. The unregenerated man lives in a world filled with people and things and circumstances which he has empowered with ability to frighten and to dominate. When through Truth he is given the ascent to the high watch, he can recognize nothing as capable of intimidating or worrying him. Paramount in the teachings of Jesus and the other spiritual teachers has been the admonition to dispel fear, sickness, and poverty, by keeping the vision high. As the sacred writings show, nothing is left to be desired when one has learned the science of the upward vision.

The first thing that must go is the inclination to wonder why conditions came, how circumstances could be as they were, and just wherein one fell short in his practice and demonstration. Probably the greatest mistake made by Truth students in check-

ing up when results have not come as expected, is the disposition to attempt to unmask error, to search deep for the psychological cause, to behold first the awful power of the offending agent and then to destroy it by some mighty declaration of Truth. If one is able to exercise the high vision, he is unable to sink into the slough of negatives and to view adverse causes and effects. This is the token by which he is known: He is always found safely above and beyond, standing witness to the presence of Christ. One cannot expect relief to come when the vision is on that which he would erase. Power comes from a realm apart from and unknown to the world of limitation.

"I will lift up mine eyes unto the mountains:

From whence shall my help come?

My help *cometh* from Jehovah."

To countenance a thing is to establish its presence and power in consciousness. To behold the presence and the power of God in the place of an undesirable manifestation, is to annihilate belief in the existence of adverse conditions and to realize that there never was and never will be anything but omnipotent Good. This is the method that Jesus used; it is the science and the philosophy whereby his followers are doing his works in his name and by his authority. When Jesus turned the searchlight of his spiritual understanding upon the shadows of ignorance, superstition, and fear, the light cleared the consciousness of the people about him, and they, too, were able to see themselves as he saw them—perfect and whole. His power to see perfect people instead of men with withered arms, with fever and demons, lifted them to

his consciousness, and the old beliefs were unclamped from their minds. One could not stand in the Christ presence and retain a consciousness of personal limitation, if willing to let go. Jesus knew the truth about the perfection of man just as clearly as we know that water is wet or that birds can fly.

Limited vision sees limited things. To one, this practice brings about the seeing of some person in a limited sense; to another, it causes some situation to appear warped and distorted. Persistently exercising limited vision upon a certain thing, causes that which is insignificant to appear enlarged and conspicuous. In fact, the play of limited vision upon anything will cause it to assume the most gigantic proportions in one's world, and all his thought will be centered on and about it. The exercise of this distorted vision is purely a personal matter. It may be proved such, since what is magnified and aggravating to one is not worth the attention of another person. Unless the vision is broad and straight and clear, the concept will be narrow and crooked and blurred, whether it be about a person or about an event.

By use, spiritual vision becomes strengthened and clearer to the individual. The better one understands Truth the easier it is to behold men and things according to Truth. Although the visional sense is beyond mental reasoning, and argument, the vision cannot be high and noble if the mind is yet being charged by false impressions. The undisciplined student is inclined to be passive, to let the outer be visioned to him discolored by the senses and by false

education, instead of being master of his visional faculty and seeing the Truth in manifestation shorn of all manmade limitation.

After Truth has been presented clearly to us, after we know the power of seeing correctly, the natural impulse which comes when we are tempted to lower the vision is to watch and pray. From the high lighthouse of Truth we can look out upon troubled waters and say, "Peace, be still," knowing that the waves of adversity are silenced by our spiritual authority. The Watcher over all things in the universe watches with us. Of him has been said: "Thou that art of purer eyes than to behold evil, and that canst not look on perverseness, wherefore lookest thou upon them that deal treacherously, and holdest thy peace?" If the Watcher beheld evil, if he looked upon the perverted, if he saw treason, then the eternal verities would be evil and perverseness and treachery, and not good and truth and love. If he saw the halt, the blind, and the dead, then man created after the imaging power of God would be imperfect. Since he has made man perfect by his own perfect consciousness of man, that creation is whole and well made. It is through this holy vision that the Watcher looks with spiritual vision and maintains peace.

When man becomes a coworker with his Father in the high watch he, too, sees with the "purer eyes" back of all vision. When one is brought to him who is suffering physical or mental torment because of seeing evil and falsehood and hate, he has power to lift that one up to Christ, the Truth of God.

SILENT UNITY MONTHLY CLASS THOUGHTS

The healing statement to be used for the month beginning February 20 is used in this magazine in the lesson for that day. The prosperity statement is given in the lesson for February 21.

A CATECHISM FOR THOSE WHO HAVE RECEIVED UNITY DAILY WORD AS A GIFT

Did some one send me Unity Daily Word? *Yes.*

What reasons had that one for doing so? *No doubt, a study of the daily lessons had helped him in his need. To show his gratitude, he wanted to help me.*

If he had thought it better to spend the dollar upon himself than to give me the help, what would have been the result? *I should not have received the help that I have received from Unity Daily Word.*

How can I best show my appreciation for what was done for me? *By sending a subscription to Unity Daily Word to a friend of mine who needs help.*

Will I lose money by this? *No, I am simply paying for one subscription, which I should have done if I had had to subscribe for myself.*

When should I do this? *At the present time. The earlier I subscribe, the sooner he will receive help.*

This month we want to see how many of those who were presented with Unity Daily Word think enough of their gift to send a subscription to some friend. For convenience, the blank on the next page may be used.

UNITY SCHOOL OF CHRISTIANITY,
917 Tracy, Kansas City, Mo.

I wish to show my appreciation of Unity Daily
Word by having it sent for one year to

(State here whether you are inclosing the sub-
scription price with this order or whether you prefer
to have us send a prosperity bank in which you
may save the money.)

Donor

Address

(You are a good Samaritan. God bless you.
—The Editor of Unity Daily Word.)

FOR YOUR LIBRARY

Christian Healing (Charles Fillmore)	cloth, \$2.00
Lessons in Truth (H. Emilie Cady)	cloth, 1.50
Miscellaneous Writings (H. Emilie Cady) . .	cloth, 1.50
Wee Wisdom's Way (Myrtle Fillmore) . .	cloth, 1.50
Lessons in Business (Francis J. Gable)50
The Silence (E. V. Ingraham)35
The Sayings of Jesus Christ (Imelda O. Shank- lin)35
Joy and The Way of Attainment (Jennie H. Croft)25
Getting the Clear Realization (F. B. Whitney)	.25

Daily

ne sub-
prefer
ch you

ess you.
(.)

oth, \$2.00

oth, 1.50

oth, 1.50

oth, 1.50

... .50

... .35

ank-

... .35

H.

... .25

ney) .25



RENEWALS

Please send renewals promptly. Attention to this suggestion will save unnecessary correspondence and will prevent your missing a number of Unity Daily Word. Subscription, \$1 a year.

RECENTLY PUBLISHED


Inner Vision	\$.50
Truth in the Home75

CHRISTIAN BUSINESS

This Unity publication helps to unify Christianity and business. Its articles are written by those who have demonstrated Christian principles in their business. It formerly appeared under the name, The Christian Business Man. Monthly, \$1 a year.

UNITY PROSPERITY BANK

By using this little bank, which we supply upon request, one may save his subscription money and receive a subscription without noticing the expenditure. One may use the bank when subscribing for any of the Unity periodicals. One may order subscriptions at the time he orders the bank and have the subscriptions begin immediately. He can defer payment until ten weeks after he begins using the bank. Each one using a bank is also given a month's special prosperity treatments.



GOD IS
AND
I AM

